

Middle School Summer Session One 2020

Listen to your Body! It is Trying to Tell You Something!

Welcome to this mindfulness series! I am thrilled to have you join me in learning a little bit about mindfulness and how it can HELP YOU! You can follow along with the presentation on zoom or the recording. If you are able, please print this out. If not, then have the handout open so you can use it as needed.

Creating a Safe Online Community

1. Sharing is optional.
2. Follow along, try the practices.
3. If you have faced great difficulty in your life, this could activate those feelings. Even though mindfulness helps us with the relationship with our difficulties, we always have choices.
4. Choices: Participate fully; OR focus on breath and another physical sensation; OR focus on something outside of your body like a sound.
5. It's kind of like Goldilocks and the three bears. Is it too hot, too cold, or just right? You get to decide!
6. Ask for help. Message me, ask teachers, parents. We are there for YOU!!
7. FIND a QUIET SPACE to do this:)

You and your feelings and needs are honored here.

Opening Breath: Hoberman Sphere or breathe in to the count of four, breath out to the count of four.

We use our breath to help calm us. We can breathe like this whenever we need to.

Mindfulness has lots of benefits: we feel calmer, happier, less anxious, can focus and pay attention better. It helps us in all areas of our lives. We can become less reactive and more in charge of our words and behaviors.

The more we practice the stronger the muscle in our brain gets! It is like brain training!

Commit to a daily practice- even 5 minutes a day will change your brain!

Mindfulness is paying attention on purpose

With patience, kindness, and curiosity

And non judgment.

GOAL: Commit to a daily practice!



Our Five Senses are our Primary Data in Which We Experience the World

We use our five senses, taste, touch, smell, hearing, and sight as our primary data.

This is how we experience the world- through our body!

SO we can do each of these things mindfully:

Mindful seeing, mindful listening, mindful eating, ect.
We pay attention to these things ON PURPOSE!

Mindfulness Formal Practice

[Body Scan](#) Listen to this tonight! See what happens:)

Note: If it causes distress to focus on your body, try just focusing on your feet, and breathe instead.

What did you notice about your body scan? Any tension? Tightness? Relaxed? Write what you noticed.

Moving on Purpose

Tighten your fist. Relax. What did you notice?

Write about times you have felt tense. Describe it.

Our Brain

Amygdala- is the prehistoric part of our brain and its job is to keep us safe. When it detects danger it springs into action and uses the “fight or flight” reactions. Breathing helps calm this part of our brain.

Prefrontal Cortex: This is like the CEO of our brain, or the boss! When we are calm, it is in charge and can make better decisions and we can solve problems more easily.

When our amygdala is in charge we “flip our lid” and it takes over! So the PFC is no longer in charge.

Mindfulness has been proven to calm our amygdala so that our CEO can be restored.

Noticing our Physical Sensations Throughout the Day

Write: Think of some times we can practice noticing our sensations throughout the day, or practice mindfulness. Paying attention on purpose.

Writing a Haiku

<p>The first line is 5 syllables, or beats. The second line is 7 syllables. The third line is 5 syllables like the first.</p> <p style="text-align: center;">An old, silent pond A frog jumps into the pond Spash! Silence again</p>	<p>A good way to get started is to go outside and find somewhere to sit, quietly soak up the surroundings using all the senses, and then start writing down whatever comes to your mind.</p> <p>Let your senses of sound, smell, taste, sight, and touch lead your pen for about 15 minutes.</p>
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Write your Haiku Here: You can share with me, or in class if you like!

<p>5 syllables 7 syllables 5 syllables</p>	
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Practice Today: Pick one or two and try them!

- Practice every day or several times a day!
- Use the hoberman breath- or just breathe in to the count of four, our to the count of four.
- Listen to the body scan before bed.
- Notice when you feel tight and tense and try to breathe and release.

Your thoughts about this lesson. What did you notice or learn about yourself?